

# **USA Swimming National Team**

## **2008 Quadrennial Plan (Updated 05/14/08)**

May 9 - Jun 4	National Team Altitude Camp - Colorado Springs, CO
May 15-18	Grand Prix Meet - Santa Clara, CA - (long course)
June 5-8	Grand Prix Meet - Charlotte, NC - (long course)
June 5-8	Grand Prix Meet - Omaha, NE - (long course)
June 29 - Jul 6	U.S. Olympic Tm Trials/Natl Championships - Omaha, NE
Jul 7-25	Olympic Team domestic training camp - Palo Alto, CA
July 27-Aug 4	Overseas Olympic Team Camp
Aug 4-8	Olympic Team Beijing Camp
Aug 8-24	Olympic Games - Beijing, CHN (pool swim dates: Aug 9-17) (open water swim dates: Aug 20&21)
Jul 8-13	FINA World Youth Championships - Monterrey, Mexico
Jul 29-Aug 2	U.S. Open Championships (World University Games Trials) - Minneapolis, MN (2009 World University Games Selection) - (long course)
Aug 3	10K National Championships - Minneapolis, MN
Aug 4-8	Junior Championships - Minneapolis, MN - (long course)
Nov 14-16	Grand Prix Meet - Minneapolis, MN (short course)
Dec 4-6	Short Course National Championships - Atlanta, GA
Dec 7	Long Course Time Final National Invitational - Atlanta, GA
Dec 11-13	Short Course Junior Nationals - Austin, TX
Dec 14	Long Course Time Final - Austin, TX

# **USA Swimming National Team**

## **2009-2012 Quadrennial Plan (updated 05/14/08)**

### **2009\***

Jan 4-13	Jr Team Jr. Pan Pac Championships - Guam (Pool 8-11; Open Water 10K Jan 12)
Jan 16-19	Grand Prix - Long Beach, CA - (short course)
Feb 13-16	Grand Prix - Columbia, MO - (long course)
Mar 12-14	Grand Prix - Austin, TX - (short and long course)
Mar 15-29	Professional and Post Grad Training Camp - Chula Vista
Apr 20-22	National Team Coaches Seminar
May 14-17	Grand Prix - Charlotte, NC - (long course)
May 22-24	Jr Team competition - Vancouver, British Columbia
June 11-14	Grand Prix - Santa Clara, CA - (long course)
Jul 2-7	World University Games - Belgrade, Serbia
Jul 7-11	ConocoPhillips National Championships - (World Championships Trials) - Indianapolis, IN
Jul 26-Aug 2	FINA World Championships - Rome, ITA
Aug 4-8	U.S. Open - Federal Way, WA
Aug 9	10K National Championships - Federal Way, WA
Aug 10-14	Junior Championships - Federal Way, WA
Nov 13-15	Grand Prix - Minneapolis, Minnesota - (short course)
Dec 3-5	ConocoPhillips Short Course Nationals (Trials for 2010 SC World Championships) - Austin, TX
Dec 6	Long Course Time Final Invitational - Austin, TX
Dec 10-12	Short Course Junior Nationals
Dec 13	Long Course Time Final

### **2010\***

Jan 15-18	Grand Prix - Long Beach, CA - (short course meters)
Feb 12-15	Grand Prix - Columbia, MO - (long course)
Mar 11-13	Grand Prix - Austin, TX - (short & long course)
Mar 13-28	Professional & Post Grad Training Camp
Apr 7-11	FINA Short Course World Championships - Dubai, UAE
Apr 19-22	National Team Coaches Seminar
May 13-16	Grand Prix - Charlotte, NC - (long course)
June 17-20	Grand Prix - Santa Clara, CA - (long course)
Jul 8-11	Grand Prix - Los Angeles, CA - (long course)
Aug 3-7	ConocoPhillips National Championships (World Championship/Pan Pacific/World University Games Trials)
Aug 8	10K National Championships
Aug 9-13	Junior Championships
Aug 14-Aug 22	Youth Olympic Games - Singapore
Aug 18-23	Pan Pacific Championships - Irvine, CA - (August 23 10K)
Nov 12-14	Grand Prix - Minneapolis, Minnesota - (short course)
Dec 2-4	Short Course Nationals - Austin, TX
Dec 5	Long Course Time Final Invitational - Austin, TX
Dec 9-11	Short Course Junior Nationals
Dec 12	Long Course Time Final

**2011\***

Jan 14-17	Grand Prix - Long Beach, CA - (short course)
Feb 18-21	Grand Prix - Columbia, MO - (long course)
Mar 10-12	Grand Prix - Austin, TX - (short & long course)
Mar 13-27	Professional & Post Grad Training Camp
April 18-21	National Team Coaches Seminar
May 12-15	Grand Prix - Charlotte, NC - (long course)
June 16-19	Grand Prix - Santa Clara, CA - (long course)
Jul 14-17	Grand Prix - Los Angeles, CA - (long course)
Jul 24-31	FINA Long Course World Champs - Shanghai, China
Aug 2-6	ConocoPhillips National Championships (Pan American Games Trials)
Aug 7	10K National Championships
Aug 8-13	Junior Championships
Aug 8-14	World University Games - Shenzhe, China
Oct 13-19	Pan American Games - Guadalajara, Mexico
Nov 11-12	Grand Prix - Minneapolis, Minnesota - (short course)
Dec 1-3	Short Course Nationals
Dec 4	Long Course Time Final Invitational
Dec 8-10	Short Course Junior Nationals
Dec 11	Long Course Time Final

**2012\***

Jan 13-16	Grand Prix - Long Beach, CA - (short course meters)
Feb 17-20	Grand Prix - Columbia, MO - (long course)
Mar 8-10	Grand Prix - Austin, TX - (long course)
Mar 11-25	Professional & Post Grad Camp
Mar 30 - Apr 1	Grand Prix - (long course)
Apr 4-8	Short Course World Championships
May 3-6	Grand Prix - Charlotte, NC - (long course)
May 25-28	Grand Prix - Santa Clara - (long course)
June 17-24	U.S. Olympic Team Trials
Jul 27-Aug 10	Olympic Games - London, UK (swimming tentative Jul 28 - Aug 4)
Jul 31-Aug 4	U.S. Open
Aug 5	10K National Championships
Aug 6-10	Junior Nationals
Oct 7-10	National Junior Team Camp
Nov 15-17	Grand Prix - Minneapolis, Minnesota - (short course)
Nov 29-Dec 1	Short Course Nationals
Dec 2	Long Course Time Final Invitational
Dec 6-8	Short Course Junior Nationals
Dec 9	Long Course Time Final